

Year 7 Dance

Summer Term

The Nutcracker



Isolation Work 2022

Task 1:

Write 3 key facts about the Nutcracker...

1.

2.

3.

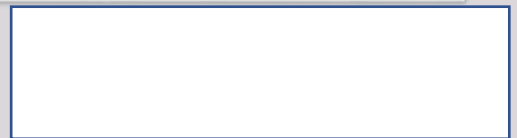
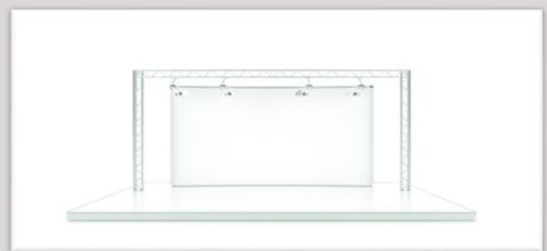
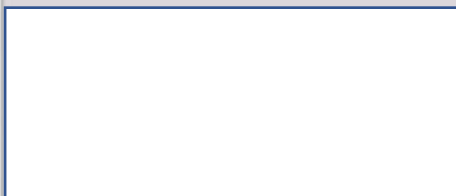
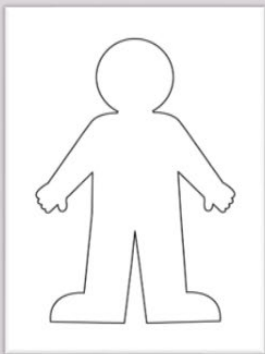
Task 2: Plan your own dance warmup. At least 3 exercises per area.

Heart Raiser	Joint Mobiliser
Stretch	Strength

### Task 3: Name the constituent features in dance



## What are Constituent Features

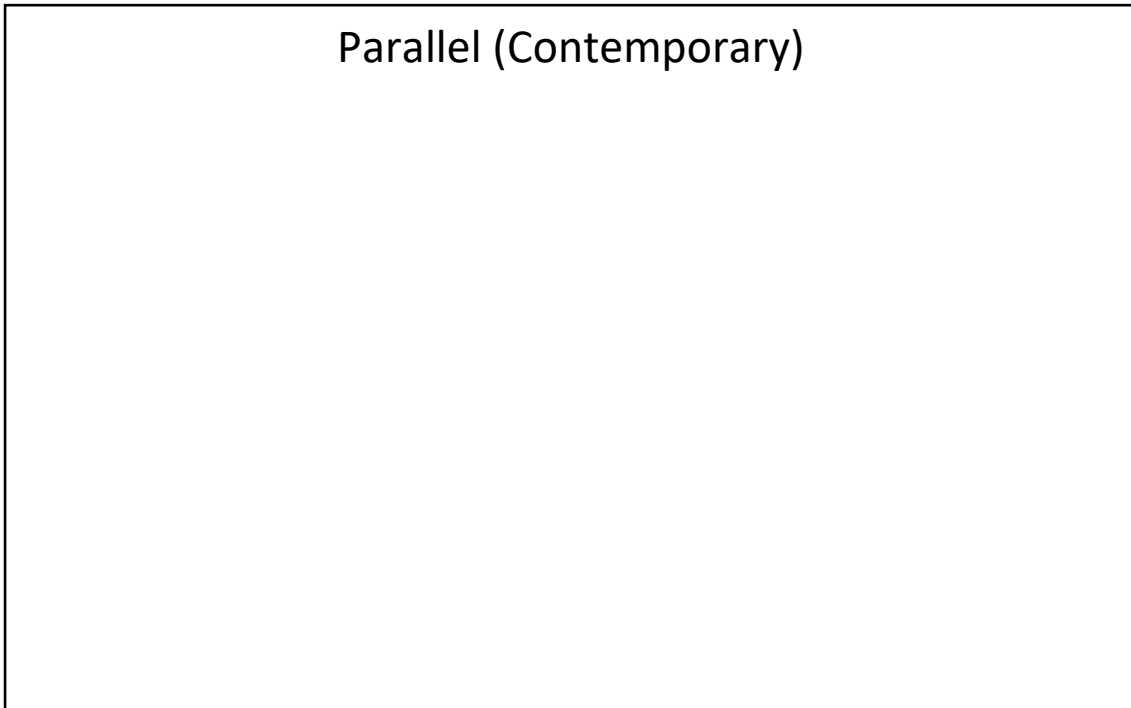


Task 3: Watch the video of The Nutcracker Ice Skating (37.55)– Describe the constituent features. [Matthew Bournes](#)  
[Nutcracker - David Mona - Bing video](#)

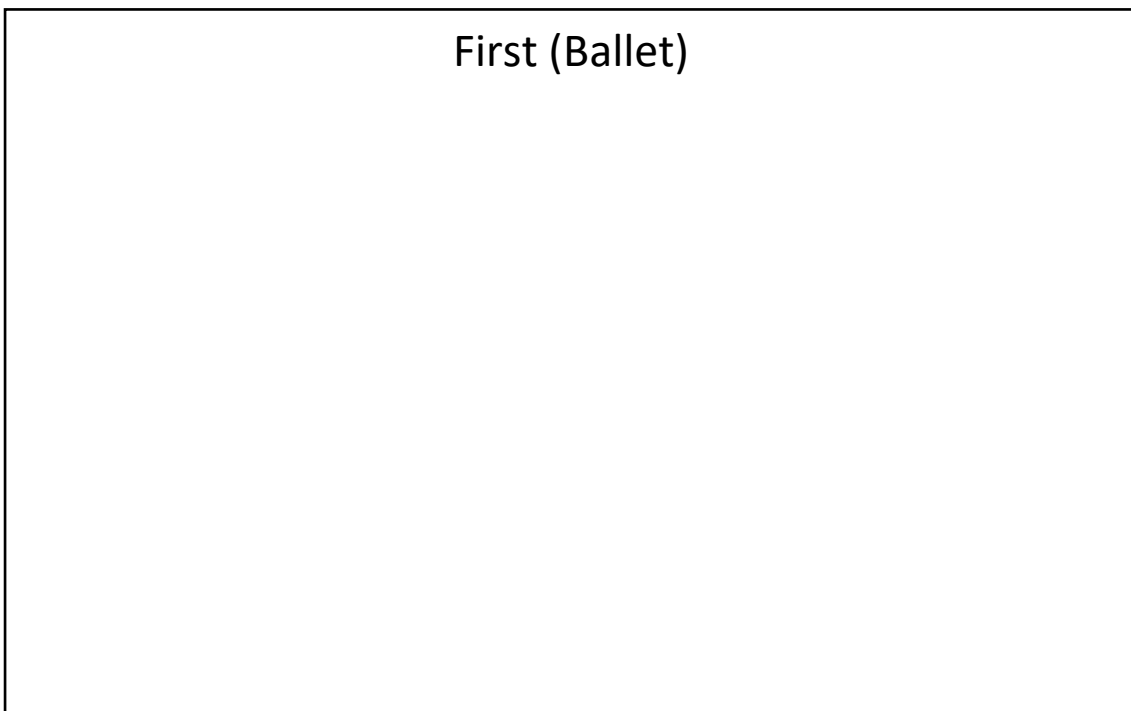
Lighting	Aural Setting
Costume	Set Design

Task 4: Draw a contemporary and ballet position.

Parallel (Contemporary)



First (Ballet)



Describe the difference between these techniques?

---

---

---

---

Task 5: Draw three key movements from the Ice-Skating Set Motif. Describe what type of dance action these represent.

